

Benefits of NAD⁺

- **Cellular Energy Production** – Plays a central role in mitochondrial function, helping cells convert nutrients into usable energy (ATP).
 - **Supports Healthy Aging** – NAD⁺ levels naturally decline with age, and supplementation may help maintain metabolic and cellular health over time.
 - **DNA Repair Support** – Activates enzymes (sirtuins and PARPs) involved in repairing damaged DNA, potentially contributing to longevity and cellular resilience.
 - **Improved Cognitive Function** – May enhance focus, mental clarity, and memory by supporting neuronal health and mitochondrial efficiency in brain cells.
 - **Metabolic Health** – Can help regulate blood sugar levels, support healthy cholesterol balance, and improve overall metabolic function.
 - **Muscle Recovery and Performance** – Supports cellular repair and recovery after exercise, potentially reducing fatigue and enhancing endurance.
 - **Neuroprotective Effects** – May protect nerve cells from oxidative stress and age-related decline.
 - **Immune System Support** – Involved in pathways that regulate inflammation and immune response.
 - **Mood and Stress Regulation** – Some evidence suggests NAD⁺ may help balance neurotransmitters and reduce feelings of anxiety or depression.
 - **Detoxification Support** – Plays a role in liver function and the breakdown of toxins at the cellular level.
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Possible Side Effects

- **Injection or Infusion Site Reactions** – If administered intravenously or intramuscularly, mild pain, redness, or swelling can occur.
- **Temporary Nausea or Indigestion** – More common with rapid infusion or high oral doses.
- **Headaches** – Occasionally reported, often mild and transient.
- **Flushing or Warm Sensations** – Typically brief during IV administration.
- **Fatigue or Lightheadedness** – In some individuals, especially with large or fast doses.
- **Rare Allergic Reactions** – Uncommon, but may include rash, itching, or swelling requiring medical attention.